



# Sports Training Principles (Nutrition and Fitness)

*Frank W. Dick*

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## **Sports Training Principles (Nutrition and Fitness)** Frank W. Dick

Written by the President of the European Athletics Coaches Association, this book provides a reference on training theory and practice for all who accept and pursue responsibility for developing athletes to fulfil their performance potential. It covers: anatomy and basic biomechanics; energy production systems; psychology, learning procedures and technical training; performance components - strength, speed, endurance and mobility; training cycles, periodization, adaptation to external loading and coaching methods.

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